



Acton Senior Center Update 25th March 2020



The Council on Aging at the Senior Center, located at 30 Sudbury Road Rear.
Telephone: 978-929-6652. Email: seniorcenter@acton-ma.gov Website at www.actoncoa.com

The Senior Center and Human Services Center will be closed to the public until further notice. If you are in need of assistance please call our office, the staff are still available via phone at 978-929-6652.

We will be making check in phone calls to our Senior Center participants and as some of the staff are working remotely it may appear that the phone calls are coming from a blocked number. Staff will identify themselves and leave a message.

We have volunteers willing to be “phone buddies” if you or someone you know would like a daily or weekly phone call just to chat please let us know.

Minuteman Senior Services are providing hot take out (or *grab and go*) meals for seniors to pick up at the Senior Center. Please call 781-221-7085 at least 1 day in advance to order your meal. Let the COA know if you need your meal delivered. Meals on Wheels will continue to be delivered.

Please see attached for news and access information to services, and some suggestions on keeping motivated, engaged, playing games, exploring the famous galleries around the world, updating your computer skills and much, much more!

Up-to-date information on the Town of Acton’s response to the current situation can also be found at www.actonma.gov

Let your friends and neighbors know how they can subscribe to notifications from the Senior Center. Go to www.actoncoa.com/subscribe follow the instructions and find the notifications under “news flash”.

Bev Hutchings, Senior Services Coordinator at the COA, is available to help you find resources in the community. Call 978-929-6652 to leave a message and she will call you back.

SUPERMARKETS OFFERING SENIOR HOURS

Also be aware that the normal opening hours may change to allow more time for restocking



Stop & Shop 100 Powder Mill Rd. Acton, MA (978-897-6449) Stores will be open early to allow those 60 and older to shop between 6 and 7:30am daily.

Market Basket

Market Basket will open its doors to shoppers who are 60 and older from **5:30 a.m. to 7 a.m. every Tuesday, Wednesday, and Thursday. (Littleton 978-486-0828.)**



Roche Bros. (978-263-0404.)

Starting March 20, Roche Bros. will open to senior shoppers and disabled citizens only from **7 a.m. to 8 a.m. every morning**. The stores will open to the rest of the public from 8 a.m. to 8 p.m.

Shaws (155 Great Rd, Stow, 978-897-5140)

At-risk shoppers are invited to stock up on groceries at Shaws from **7 a.m. to 9 a.m. on Tuesdays and Thursdays**. The grocery chain is also shifting its hours at all stores from 7 a.m. to 8 p.m. daily.

Whole Foods, (978-303-2900.)

Customers who are 60 and older are invited to shop **one hour before the store opens** to the rest of the public.

Idylwilde Farm 366 Central St Acton, (978-263-5943), no senior hours, reduced opening times 8am-6pm. Closed Tuesdays.

The plastic bag ban has been temporarily suspended until July 1, 2020. Restrictions on using your own reusable bags may be in force at some supermarkets.

Delivery options available :

There are companies who will act as a 'private shopper' service, for a monthly subscription fee and delivery charge. www.shipt.com is available locally from various stores such as CVS, Target, Donellans and Roche Bros. On-line registration is required. www.instacart.com is also an option.



Be aware that there is a heightened risk of scams at this time. Never give out personal or banking information over the phone. If you are in any doubt call the police non-emergency number on 978-929-7711.

The COA does not endorse any private company or their services. Be an informed consumer.

Food Assistance

Acton Food Pantry - 978-635-9295, 235 Summer Road, Boxborough.

Wednesdays, 10:00am-7:00pm and Thursdays, 9:30-11:30am.

On your first visit bring a photo ID, utility bill or rental lease that contains your name and address as proof of residency.

DONATIONS WELCOME.

Mount Calvary Community Supper, 472 Massachusetts Ave, Wednesdays, 5:00-6:00 pm.

Call 978 263-5156. Meals available to 'take away'. We respectfully ask that patrons do not arrive early and there will be no entry for drinks and snacks. One meal per person and please do not come if you feel ill.



Open Table, Maynard - All seniors (age 55 and older) are welcome to contact us. Our pantry is stocked with non-perishable groceries, fresh fruits and vegetables, dairy products and other staples. Contact 978-243-0984. DONATIONS WELCOME.

AB Regional School District

AB Schools will offer bag lunches to individuals and families MONday-Friday for pick up outside the main entrance at the High School. Pick up times will be from 11:30am-1:00pm. Please call 1-866-896-3599 and leave a message to order a meal. If you need delivery due to illness or a transportation barrier contact abqualifiedlunch@neighborbrigade.org

Individuals picking up bag lunches should not enter the school and practice appropriate social distancing measures. All residents are welcome to pick up a meal regardless if you have a child enrolled in the school system.



SNAP – Supplemental Nutrition Assistance Program call Bev for information.

Many of Acton's restaurants are still open for delivery and take-out, see www.actonrestaurantweek.com for more details.

Transportation

All of Acton's fixed-route services, including the Rail Shuttle and Cross-Acton Transit (CAT), will be suspended until further notice.

- Door-to-door services remain in operation, however, riders are encouraged to utilize alternative modes of transportation if possible. To schedule rides, continue using CrossTown Connect dispatch by calling (978) 844-6809 during normal business hours.
- Any additional questions can be forwarded to Austin Cyganiewicz by phone (978)-929-6513 or email acyganiewicz@actonma.gov.
- The MBTA and Keolis Commuter Services (Keolis), the agency's operating partner for Commuter Rail, announced today a Reduced Service Schedule effective Tuesday, March 17. The Commuter Rail Reduced Service Schedule is available at <http://www.MBTA.com/coronavirus>



If you need a ride not covered by Minutevan transportation, please call Bev at 978-929-6652 for your available options. It is recommended that you make arrangements ahead of time.

MART Van Service to Boston – These are liable to change under current restrictions.

Weekday pick-ups at the Littleton Train Station for rides to Emerson Hospital/ Bedford VA/Alewife T-Station/Metro-Boston Hospitals/West Roxbury VA. Call 1-800-922-5636 (press opt. 3).

Road to Recovery –Free transportation by volunteers for cancer patients. Call 1-800-227-2345.

The Senior Center Handy Helper Program is currently suspended.

☐► SHINE (Serving the Health Insurance Needs of Everyone) at the Senior Center

You can learn all about Medicare by visiting www.medicare.gov

A counselor is available for health care information throughout the year. Call 978-929-6652 for an appointment.

Fuel Assistance - The Low Income Home Energy Assistance Program (LIHEAP) helps eligible households pay a portion of winter heating bills. Homeowners and renters include households whose cost of heat is included in the rent. Eligibility is based on gross annual income of household members 18 and older and family size. For more information or emergency needs contact Bev on 978-929-6652.

Senior Citizen Water Bill Discount Policy - The Water Supply District of Acton offers a Senior Citizen Water Bill Discount that entitles seniors having low-to-moderate incomes to a reduction in their water bills. This discount is available to water users aged 65 and over who own their residence and have an individually metered water service. More information about this program is available from the Town Assessor's Office at 978-929-6621 or from the Water District at 978-263-9107.

Minuteman Senior Services, our State Home Care, provides a variety of services including:

Care Management - In home assessment and support activities of daily living.

Minuteman Senior Services can be reached at 1-888-222-6171 or visit www.minutemansenior.org.

Durable Medical Equipment for Loan – Acton Nursing Service has a variety of items to loan. Call Denise weekdays, 8:00am-5:00pm at 978-929-6650. (Also if you have equipment you would like to donate).



Alzheimer's Association Helpline 1-800-272-3900.

Available for calls 7 days a week, 24 hours a day.

The 40th Annual Senior Conference hosted by State Senator Jamie Eldridge has been cancelled

The way we are distributing the electronic newsletter is changing: go to

www.actoncoa.com/subscribe

You can follow the instructions under 'News Flash' to add your email, or cell number to our distribution list. You can unsubscribe at any time. We will no longer be emailing the newsletter in the conventional way.

To subscribe to the Town of Acton Newsflash go to www.acton-ma.gov/AlertCenter Here you can subscribe to the News Flash to receive notifications via email or text. Call us at the Senior Center 978-929-6652 if you have any difficulty.



Virtual Engagement

We are hoping to bring you myriad resources from around the town and from across the internet.

NEW!! If you need some help making video calls to keep in touch with friends and family, here is a very handy link from the BBC in the UK
<https://www.bbc.com/news/technology-51968122>

NEW!! For additional updates and special programming please watch ActonTV's public channel (Channel 8 on Comcast and channel 45 on Verizon) Tune into Acton's radio station 94.9 FM. Look for the Town of Acton on YouTube. Acton TV also broadcasts on Facebook. These programs are then available via the website www.actontv.org such as 'Java with John' – with the Town Manager John Mangiaratti and COA Director Sharon Mercurio.
The Town of Acton's FM radio station WAEM 94.9 is broadcasting information, updates and public meeting information.

Acton Memory Library, <https://www.actonmemoriallibrary.org>, has a vast amount of remote opportunities from free ebook downloads to databases for genealogy research.



Acton Community Access Television (ACAT) has education, government and public channels for Verizon and Comcast subscribers. You can access ACAT content at <http://actontv.org/> and click On Demand tab.

You can practice gentle yoga at home with COA instructor Patsy Brightman:



<https://www.youtube.com/watch?v=iOzgBmq6wUo>



COMING SOON!

The Council on Aging is working with ACAT (Acton TV) and some of our fitness instructors to record some classes so that seniors can keep moving at home with familiar routines and instructors they trust. We will let you know when and where you can watch them.....

You can use YouTube free of charge from your computer, laptop, smartphone, tablet or with a smart television. You can find exercise classes, lifelong learning opportunities, classic movie clips, cooking shows, DIY home project or crafting/art tutorials and so much more.



Travel and Leisure magazine has an article about 12 museums that offer virtual tours:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

The Met is streaming past opera's daily and free of charge from its website:

<https://www.metopera.org/>.

If you subscribe to Netflix streaming or Amazon prime, you can view programming including documentaries and movies/mini-series based on classic novels and historic figures/events.



There is myriad of free podcasts available for download to a computer or mobile device. A

podcast is similar to old-time radio shows but is on the Internet. There are apps such as Apple Podcast, Stitcher, and Google Play Music that make downloading simple. Some you may want to check out: *Serial*, *Stuff You Should Know*, *Ask Me Another* (trivia, puzzles, music), *Dan Carlin's*

Hardcore History, *This American Life*, *Better Health While Aging*, *History of Rome*, *Retirement Talk for Boomers*, *The Relic Radio*, *The Handyguys*, *On Being with Krista Tippett*, *Car Talk*, *Aging in Full Bloom*, *Planet Money*, *Last Seen* (about the Gardner Museum art heist), *History*

Unplugged, Science Fridays, Aria Code (opera), Sleep with Me (to help with insomnia), 10% Happier with Dan Harris.



Visit www.Ted.com for interesting talks, which are brief and free of charge, on a variety of subjects. You can search by subject or see a list of the most popular talks. Some talks of note are *What Makes a Good Life, How to Make Stress Your Friend, Underwater Astonishments, The Transformative Power of Classical Music, Life's Third Act, Try Something New for 30 Days, Older People are Happier, How to Live Passionately—No Matter Your Age, Let's End Ageism.*

8									
		3	6						
	7			9		2			
	5				7				
				4	5	7			
			1				3		
		1					6	8	
		8	5				1		
	9					4			

For smart phone and tablet users, there are seemingly endless apps to download, many at no cost. You can try a variety of game apps—Scrabble, Sudoku, Dots, Card Shark Solitaire, chess, cribbage, jigsaw puzzles, word searches, anagram/word scrambles, and crosswords. There are also apps like NPR One which offers stories, podcasts, news and more, Good Reads for avid readers, and Epicurious for recipes. You can even download a magnifying glass with flashlight to help read fine print.

Tai Chi

One of the Senior Center Tai Chi instructors, Linda Sango, has trained under Jeff Cote´ who has Tai Chi qigong videos available on youtube:



<https://www.youtube.com/channel/UCuMD9N3IpElSAzR2uxzmyIQ>

The Senior Center's other Tai Chi Class is offered by Taoist Tai Chi Society instructors. You can search youtube for videos. One example of a class practicing all 108 moves:

https://www.youtube.com/watch?v=Vg2Ju0se1_I

Mindfulness Meditation

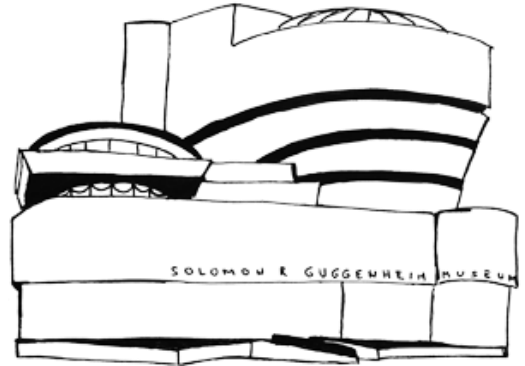
The Ten Percent Happier website/app has a Coronavirus Sanity Guide which includes free 3 p.m. EST daily meditation and Q&A with host Dan Harris and meditation teachers.

<https://www.tenpercent.com/coronavirussanityguide>

Virtual Tours/Streaming

See www.INSIDER.com article for information on virtual tours/live streaming from a variety of locations including Blarney Castle, Monterey Bay Aquarium, national parks, The Guggenheim Museum.

<https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020-3#the-acropolis-museum-lets-users-take-in-stunning-views-of-athens-greece-from-their-couch-21>



Brain Games: <https://www.onlinegamesforseniors.com/>



Google Arts and Culture app on your smart phone or tablet and you can virtually visit museums, historic sites and more including the Taj Mahal and the Royal Botanic Gardens in the UK.

Watch the Cincinnati Zoo livestream of its animals on its Facebook page daily at 3PM.

<http://cincinnati zoo.org/> follow on Facebook: Cincinnati Zoo & Botanical Garden.

Monterey Bay Aquarium is live streaming some of its exhibits and even offers a meditation with video of its jelly fish (keep in mind time difference): <https://www.montereybayaquarium.org/animals/live-cams>



Many of you are familiar with the **Great Courses** series taught by college professors on a variety of subjects including history, literature, science, economics, music, travel, and art. Typically purchased on DVD, you can also download the Great Courses online for a fee. Currently the company is offering 30 day free trial. <https://www.thegreatcoursesplus.com>.

House Beautiful magazine has an article with links to **10 historic houses** you can tour virtually: <https://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour/>

Additional **meditation** links (thank you Liz Paley!):

<https://www.tarabrach.com/guided-meditations/>

<https://www.youtube.com/watch?v=4OtJYDGiuEE>

<https://www.youtube.com/watch?v=sz7cpV7ERsM>



Mah Jongg

www.realmahjongg.com

NEW!!

Want to hone your tech skills while home?

Goodwill has a Learn Free program <https://edu.gcfglobal.org/en/>. You can learn to use PowerPoint, Gmail, Social Media (Facebook, LinkedIn, Pinterest, Skype, Snapchat, WhatsApp, Blog Basics), Internet Basics and more.

www.techboomers.com has over 100 free courses on subjects such as online shopping, Excel basics, smart phones/tablets, online entertainment, using YouTube, introduction to social websites/apps. There are articles such as how to cancel yourgroupon account or how to buy items on Ebay.

www.lynda.com , owned by LinkedIn, has free courses with topics including using Photoshop, WordPress Essentials and Introduction to Graphic Design. This is a subscription website that offers a 10 day free trial.

Need to improve your typing speed and accuracy? There are online opportunities for that as well! See <https://techboomers.com/improve-your-typing-online-tools> for a list of the 12 best online typing tools.

www.Codecademy.com . For advanced users interested in learning to code, such as HTML, for free.

Calling Crafters!

Any crafters wanting to keep busy and help at the same time – Joann fabrics have put together a tutorial on making cotton facemasks – Emerson hospital are accepting these – see

www.emersonhospital.org

For the Joann Fabrics link:

<https://www.joann.com/make-to-give-response/?icn=hpzhero&ici=make-to-give-response>



More ideas will be added, and let us know if you have any suggestions, email seniorcenter@acton-ma.gov

